

Whitworth Intramurals: Freshman Showdown Rules

Freshman Showdown Rules

Teams: Players must sign up on Fusion IM to be registered. No payment is required. All teams must be registered by 5:00 p.m. the day before the sport's scheduled tournament.

Game Time: Both teams must have a minimum of one representative on the court/field at game time. Teams must meet the minimum roster requirements by 15 minutes after the scheduled game time.

Game Structure:

This is a double elimination, tournament style play lasting just one day. Games will be played at half the regular intramural time (30 minutes) for the first round. All other rounds will be played at the regular intramural time (45 minutes).

The clock is generally a running clock, with the only exceptions being timeouts and injuries. The one exception to this rule is time used to retrieve balls that have been kicked a distance of more than _____ yards outside the field and neither team has substitutes available.

- a. Games where there is at least one substitute on either team will not have clock stop.

No slide tackling is allowed.

All high kicks above the waist in a dangerous manner will be prohibited and declared as a foul.

- b. A free kick is awarded at the spot of the foul.

Ultimate Frisbee:

Games start with flipping discs for ODDs or EVENs.

Stalls

- a. The person with the disc has _____ seconds to throw the disc.
- b. The defender is required to count the stalls out loud, and must be at least _____ feet away to do so.

Travels can also occur any time a player moves with the Frisbee in hand and is not attempting to slow down his/her momentum, usually after a catch.

- a. If players exceed _____ steps while attempting to stop, they must move backwards returning to the location where it would be _____ steps from the catching point.

In ultimate, the line is considered to be out.

- a. If a player has a foot on the line while he/she is touching the disc, it is out of bounds and a turnover.

Although Ultimate Frisbee will have a referee present at all games, traditionally, the game is self-officiated. Players have the right to call their own fouls and violations, and opposing players involved have the right to contest the call.

It is the decision of the referee who will make the final call on the play.

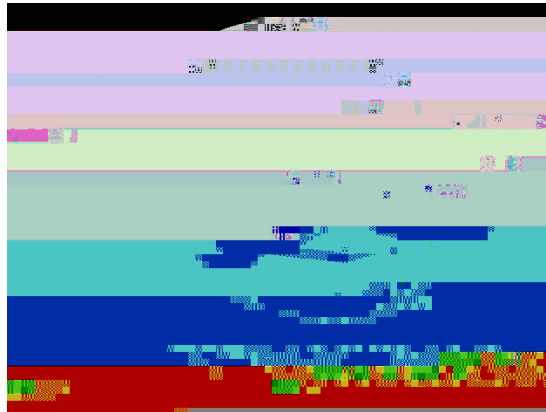
Volleyball:

1. Outdoor Volleyball does involve playing in various weather conditions. Games will only be moved inside if weather becomes a hazard, meaning that players need to be prepared to play in wind, rain and sunshine.
 - a. IM staff recommends coming prepared with sunglasses, jackets and gloves, depending on the weather conditions. It is the decision of the IM staff on the field to determine if weather is considered hazardous. Players are never allowed to touch the net during play. If they touch the net before the ball hits the ground, then it is the other team's point.
 - a.

Timeouts:

Teams are allowed 1 timeout per game, timeouts do not carry over to other games

Blood Rule:



Updated